



REPLY TO  
ATTENTION OF

**DEPARTMENT OF THE ARMY**  
**U. S. ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE**  
**5158 BLACKHAWK ROAD**  
**ABERDEEN PROVING GROUND, MARYLAND 21010-5403**

MCHB-CG-HHD

3 July 2002

MEMORANDUM FOR USACHPPM-HHC Personnel

SUBJECT: Army Weight Control Program – Policy Memorandum #6

1. Soldiers are expected to meet the height and weight guidelines of AR 600-9. Soldiers who do not comply with the Army height/weight guidelines will be enrolled in the Company's Weight Control Program.
2. Soldiers who do not meet height/weight requirements of AR 600-9 and soldiers identified by the Commander or Supervisor for a special evaluation will have a determination made of percent body fat. The method to determine body fat percentage will be the tape test. Trained and certified personnel will tape soldiers. Soldiers who do not meet the body fat percentage requirements will be enrolled in the Weight Control Program. The effective date of enrollment will be the day the soldier is counseled by the Commander or First Sergeant.
3. A medical evaluation will be made when the soldier has a medical limitation, is pregnant, or when requested by the Commander. If health care personnel discover no underlying or associated disease process as the cause of the condition and the soldier is classified as overweight, the soldier will be enrolled into the Weight Control Program. Soldiers enrolled in the Weight Control Program will be flagged and will attend Special Physical Training under the guidance of the Commander and First Sergeant.
4. The required weight loss goal of 3-8 pounds per month is considered a safely attainable goal to enable soldiers to lose excess body fat and meet the body fat standards. Weigh-ins will be made by Company personnel monthly to measure progress. Administrative separation IAW AR 635-200 will be considered for soldiers who have not made satisfactory progress after any two consecutive monthly weigh-ins or have not made satisfactory progress after a period of dieting and/or exercise for 6 months provided no medical condition exists.
5. The screening table weight will not be used to remove soldiers from the Weight Control Program. The Commander or First Sergeant will remove soldiers administratively from the Weight Control Program as soon as the body fat standard is achieved. Removal of suspension of favorable personnel actions will be accomplished at this time.

JOSEPH J. HOUT  
1LT, MS  
Commanding

*Readiness thru Health*

